

BARBECUE SCALLOPS

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Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving= 1 skewer)

Nutrition (per serving)

| | |
|----------------------|------------------------|
| Calories: 176 | Total Carbohydrate: 20 |
| Total Fat: 4 g | Dietary Fiber: 2 g |
| Saturated Fat: 0.5 g | Protein: 15 g |
| Sodium: 424 mg | |

Ingredients

Barbecue Rub

- 1 Tablespoon extra-virgin olive oil
- 2 Tablespoons brown sugar
- 1 ½ Tablespoons chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Skewers (soak in water prior to grilling)

- 20 sea scallops
- 1 onion sliced into chunks
- 2 oranges, peeled into segments
- Cooking spray

Garnish

- 2 Tablespoons chopped fresh cilantro

Directions

1. Pre-heat grill to medium-high heat.
2. Place barbecue rub ingredients in large zip-top bag. Add skewer ingredients (except cooking spray). Toss well to coat and place on skewer, alternating between ingredients.
3. Spray grill with cooking spray and place skewers on grill. Cook 3-5 minutes on each side. Scallops with get firm while they cook. If overcooked, scallops will be very chewy.
4. Garnish with cilantro.